

THE PHASE TWO LCB MODEL DEMONSTRATION

Kain: So before we started filming this course, if there was any elements or aspects of Karen's life that weren't making complete sense to her, by the time we're finished, I reckon Karen's going to be like a cleaned up house, isn't that right?

Karen: I think so, yeah.

Kain: In this video we are now going to work through this Larry Crabb Inside-Out model. Now this, as I mentioned in the last video, completely fits into phase two of the three-phase counselling relationship. Now, all that I'm really doing here is I'm just going to be building upon and expanding everything that we discussed in that last demonstration, where I took Karen through the Socratic confrontational questions. What I'm going to just disclose here and say that I'm not offering you a rigid process here, so it's not that one session you would take someone through Socratic questioning and then the second session you would take someone through this LCB model. Generally I would only ever use one or the other if at all necessary. All I'm really doing is just doing as many demonstrations as what I can so that you can use whatever it is that you feel is necessary to use with your clients. As I mentioned in an earlier video, sometimes a counselling relationship might just be a half hour session, sometimes it might be two or three sessions, sometimes for more complex issues, for people who really struggle with low self-esteem, insecurity, they might go on for perhaps six, ten, 12 sessions or more. There are no rules when it comes to counselling people, hence there isn't a one process that fits all people, all circumstances. So the purpose of this model is just to help Karen gain a greater insight. It's also aimed to help her broaden her perspective, give her a bird's eye view of the entirety of her presenting problem. Now, the presenting problem that I want to address, even though it's not my role to determine what it is that we address here, is we're just going to focus on the tunnel vision-ness. So let's just pretend that we haven't had any other conversations, we're just going to revisit this tunnel vision-ness because we know that this is what is causing or what historically has caused many issues in your life, in terms of preventing you from getting the degree of connection that you want with other people, and also make the degree of progress that you want to make in life.

Karen: Yeah, okay.

Kain: Yeah? Is this okay?

Karen: It's okay, yeah, I think it'll be helpful.

Kain: You think this is going to be helpful. Well, the way that this conversation is going to work is just conversational, so it's not that there's a script to go off here, we don't have a questioning framework. All I want to demonstrate here is how it is that counselling theory can inform our practice. Now, it might be the case that you are not convinced that we experience life on five levels. It might be the case, in fact there probably will be, some people watching this course right now who are 100 percent full subscribers to the notion that the negative destructive emotions are illnesses and not just emotions, in which case this model's not going to be relevant, but if you are willing to consider that emotions are just emotions, thoughts are just thoughts, and it's always our values and our motives that drive our behaviour, then this model is going to 100 percent completely fit for you. This model over the years I have found to be the model that has brought about the greatest degrees of insight for the clients that I've worked with, even those with really complex problems. All that we do is the starting point is going to be looking at the problem on a very face value level, we're looking at how it is the problem is



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being experienced by Karen physically, and then I'm just going to be responding to what it is that Karen shares with me, I'm going to take her on this journey, if you like, from the outside of her to how it is that she experiences her presenting problem emotionally, then rationally, then volitionally, and then spiritually at the core of what's driving the actions or behaviours that Karen's subscribing to. We're going to look at potentially a different perspective, a new set of options, and then we're just going to cast vision by asking Karen to visualise this side of her mind how life will change if she was to prioritise a new set of priorities at the core, and how this would then direct her future actions and behaviours. So don't worry if it doesn't make too much sense right now, the demonstration's going to hopefully clear everything up for you, but this is just a conversation. So again what I'm going to ask Karen to do now is I'm going to ask Karen that she can keep her eyes open or her eyes closed for this. Now, I do appreciate that when it comes to counselling, this isn't something that all counsellors will be happy with. A lot of counsellors want to maintain that eye contact, that presence, if you like, but again what I understand is that all roads lead to Rome, it doesn't really matter so much how we get there, so I'm going to give Karen the option. It's going to totally be determined by whether she finds it easy to focus with her eyes open or her eyes closed.

Karen: Closed, I think.

Kain: Closed, are you sure? Whatever is most comfortable for you. Karen, all I'm going to do first and foremost is ask you just to revisit this time or this place or an instance when you are being tunnel visioned, when you're prioritising getting something right or the task at hand over other more important things. I'm going to ask you just to simply share with me what it is that you see. Or what's happening for you here, what's going on with you.

Karen: So I'm a bit worked up here.

Kain: You're a bit worked up.

Karen: Yeah.

Kain: How's this expressing itself physically in terms of within your physical body?

Karen: I'm a bit agitated and...

Kain: Agitated, I noticed you just flickered your hands there.

Karen: Yeah, like I don't want to sit still, like I want to get this thing done.

Kain: It's like you're physically restless or something.

Karen: A bit restless, yeah, that's a good word.

Kain: I'm just reflecting back and paraphrasing and I'm doing my best to practise basic empathy, a little bit more advanced as well, because we are in phase two of the relationship.

Karen: I'm feeling a bit stressed, a bit anxious at the time and how long this thing is taking.

Kain: So how is this impacting you just physically?



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Karen: Just physically...

Kain: Your physical body, that's it.

Karen: So yeah, I'm fidgety, I'm restless. I can feel it in my stomach as well, feel a bit...

Kain: What is this feeling in your stomach, like a tension or...

Karen: It's more of an anxiety in my stomach, it's like oh no.

Kain: It's more of an anxiety, so if you could physically describe this...

Karen: Kind of like churning, my stomach's churning a bit.

Kain: Your stomach is physically churning, you can feel it going round and round and round.

Karen: And in my head I can feel tension, I feel tense.

Kain: So tense in your head, so all I'm just asking you, just to be aware of here, Karen, is how it is that you are physically experiencing this presenting problem when it does come about.

Karen: Yeah.

Kain: I'm going to ask you now just to cast your eyes and your focus a little deeper within now. I'm just going to focus now on how it is that you're emotionally feeling this presenting problem, when you become so tunnel visioned, in this environment, in this situation, this experience, wherever you're at, how it is that you are emotionally experiencing this, what's the actual feelings, what's the emotions?

Karen: It's like a mix between anxiety, anger and frustration.

Kain: It's a mixture between anxiety, anger and frustration. Now, I know what anger and frustration means for me, but what does anger and frustration mean for you?

Karen: Anger and frustration...I'm angry at myself for...why am I angry at myself...I'm frustrated and angry at the situation, because I want to be done with this task, I want it to be over. I'm angry at myself for not managing it better, like kind of beating myself up a bit, it shouldn't be taking this long. I'm quite frustrated at the situation and at myself, and then I'm considering what effects this will have and feeling anxious about that.

Kain: So if you're able to identify the connection between how it is that you're physically experiencing this and how it is that you're emotionally experiencing this, what's the connection between your emotions, your feelings and your physical experience?

Karen: It's kind of like the more physically worked up I become, that escalates how I'm feeling and how...and the other way round, how I'm feeling is influencing what's happening physically.

Kain: So it's kind of vice versa, isn't it? So the physical influences and impacts the emotional, but the emotional also influences and impacts the physical.



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Karen: Yeah.

Kain: That's interesting. I wonder, when you are feeling this way, when you're, say, starting to get frustrated or perhaps a little bit anxious or maybe even angry, what is it that you're now thinking about, what is it you're actually focusing on? What are you attending? Where is your attention going?

Karen: It's gone from the task at hand to my own thoughts about...I'm not doing a fast enough job here.

Kain: You're not doing a fast enough job.

Karen: I'm not doing a good enough job.

Kain: So it's not fast enough, it's not good enough.

Karen: It shouldn't be taking me this long.

Kain: It shouldn't be taking this long.

Karen: I'm over thinking this.

Kain: It seems like this is a real reflection on you. Just offering a hunch here.

Karen: Yeah, I've started beating myself up rather than focusing on the task.

Kain: So it seems to me that when you find yourself in this place you very, very quickly take blame or start beating yourself up.

Karen: I do, yeah. I'm quite quick to blame myself rather than look for a solution.

Kain: So you very, very quickly blame yourself and take ownership as if you're not good enough, rather than look for perhaps a way in which we could just bring resolve into this issue.

Karen: Yeah.

Kain: So there's a connection between how you feel and the assumptions that you make about yourself.

Karen: There's definitely a connection between how I'm feeling and what I'm assuming about myself, yeah.

Kain: What is that relationship, exactly?

Karen: That relationship is...I'm telling myself that I'm not doing a very good job here.

Kain: So this is something that you're thinking, is it?

Karen: I'm thinking this, yeah, these are thoughts I'm having, and this is kind of escalating, it's building up, and the more I'm thinking these things and not focus-



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ing on what I'm actually doing, the longer it's taking, so the problem's getting worse.

Kain: So the more you start focusing and beating yourself up, the less you're focused on just doing your best and getting the...

Karen: Getting the job done, so the problem's escalating because of the way I'm thinking about it and viewing it, and that's causing me to...that's causing my anxiety and the frustration to grow as well because...

Kain: Interesting. It seems there's definitely a connection then between your thinking, the thoughts that you're having and how it is that you're feeling.

Karen: Yeah, there's a strong connection.

Kain: There's a strong connection.

Karen: Yeah.

Kain: It's funny, there was a connection between your feelings and your physical, but there's a strong connection between your thoughts and your feelings. Can you see what the connection is, can you see what the relationship is?

Karen: Yeah, the more I focus on these negative thoughts about myself, in fact the more I'm thinking at all, the less...the worse I'm feeling.

Kain: So the more you think about yourself, the worse you feel.

Karen: Mm-hmm, in that context specifically, because the more I think in general, the less I'm doing the job and then...

Kain: Which makes things worse anyway.

Karen: It makes it worse anyway, so...

Kain: So it's kind of like a vicious circle, isn't it, it seems to me.

Karen: It is a vicious circle, yeah.

Kain: If you could just define this cycle as you see it right now, just connect all the dots, everything we've talked about so far, just so that you're totally clear on what's actually happening, how would you do that?

Karen: Yeah. So I'm aware that this thing is taking longer than I would like it to.

Kain: So you're aware this thing's taking longer than what you really want it to.

Karen: So I have a thought about that, and that is that I'm...this shouldn't be taking me so long, I'm getting...it shouldn't be taking me so long, I must be not doing a very good job here.



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Kain: Just out of interest, where is it that that thought comes from?

Karen: I don't know where it comes from, it just pops into my head.

Kain: Where? Is this a thought that you're making up, are you choosing to think this? Where's it actually coming from? Sometimes it's interesting just considering these things, because if this is a thought that's just popping into your head, where is it coming from?

Karen: It's certainly a pattern of thoughts I've had for years, I don't really know. I know it's...I can see where it's come from in my past, it's become a habitual thing for me.

Kain: So it's just more of a habit than anything else.

Karen: Yeah.

Kain: So I'm guessing that all habits are formed, and if they're all formed, that means all habits can be broken.

Karen: Yeah.

Kain: So what does that mean?

Karen: It means that there's another solution here and I don't have to keep going round this vicious circle.

Kain: So there's another solution here that you don't have to keep going round and round here.

Karen: Yeah.

Kain: Okay, that is good. So I'm just wondering, if there was something that you're choosing, if there's a choice that you're making or a decision that you're making that is bringing this whole problem into existence, what part are you playing in this process, because it seems that no-one else is speaking to you, and no-one else is saying these things to you, it's just you that's thinking them, or these thoughts are popping into your head then you're focusing on them. It's like you're dwelling on them a little bit sometimes.

Karen: Yeah. The part that I'm playing is that I am dwelling on completely unhelpful thoughts, they're just totally unproductive.

Kain: So it seems that this isn't just about positive thinking, isn't it, because that's not really the main thing here. We're not really looking to change our thinking, it doesn't seem like that would be making too much of a difference here, because it doesn't seem we can control the thoughts that pop into our head anyway.

Karen: No.

Kain: It doesn't seem anyway.

Karen: No, I would agree. The choice I'm making is to focus on what I'm thinking,



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which isn't helping.

Kain: Okay. What times in the past have you focused on something really destructive that really ended up making you feel rubbish? I'm not just talking about thoughts here, I'm talking about actual life experiences or events, things that people might have said to you or done to you that you really focused on, that really made you feel the same or a similar way, seeing if there's any connection, if we can make a link here.

Karen: So yeah, there's been times in the past where someone might have said something that I've taken offence at and I've focused on it and dwelt on it and felt pretty rubbish as a result.

Kain: Feel pretty rubbish as a result, so when other people say things that you take offence at, people say things you don't like, you feel the same or a similar way to how you feel when you focus on these thoughts as well.

Karen: Yes.

Kain: So it doesn't really seem to matter whether the voices are inside of your head or out.

Karen: No, it's the same result.

Kain: So I'm just wondering here, the choice that you're actually making that is driving the quality and what it is that you then go on to think about, because there's definitely a connection between what you choose to think about and focus on and how you feel, so we're just seeing here what it is you're actually choosing, the part that you're playing in this process. At what point do you choose something?

Karen: So the thought pops in.

Kain: The thought pops into your head.

Karen: Uh-huh, and I choose to validate it and focus and give it more consideration. I'll dwell on it.

Kain: You'll dwell on it, and this is definitely a choice, like in Scotland, if we dwelt upon the weather that we get over here, we'd be miserable all the time, wouldn't we?

Karen: Yeah.

Kain: Which is kind of like why most Scottish people are miserable all the time.

Karen: Yeah.

Kain: Okay.

Karen: Yeah, I think I spend a lot of time dwelling on unhelpful thoughts.

Kain: Okay. I'm just wondering, what is it that motivates you to make this choice, what is it that really drives you to habitually make this same choice? What's driving



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you at the core? What's your goal? There's always a goal, isn't there, behind a behaviour, I'm just wondering what the goal is, what's driving you here?

Karen: That's a tough question.

Kain: That's the kind of response we want.

Karen: Yeah, and I know it's something to do with trying.

Kain: What's driving the trying? So I would say that trying is the behaviour, that's the choice, but what's motivating that, what's driving that? What's at the core? Why do you keep on this way?

Karen: I think it's like a sense of...like I want to work it out, I want to have a sense of peace and security.

Kain: Security.

Karen: Yeah, like...

Kain: And how is it you get security?

Karen: In knowing that I'm okay.

Kain: And you know that you're okay when...what must you have in order to know that you're okay, at the core what must you have?

Karen: Often validation from other people.

Kain: So if you get validation from other people then you feel okay.

Karen: Yeah.

Kain: So when you're worrying, when you're anxious, what is it now you can see that you're actually anxious about, if we were to make a connection between what's driving you and how you feel, what's driving this worry or this angst?

Karen: That I'm going to let other people down.

Kain: And if you let other people down, what will that mean?

Karen: They'll be disappointed in me.

Kain: And if they're disappointed in you?

Karen: Then...yeah, I've failed.

Kain: You've failed.

Karen: Yeah.



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Kain: And what does that mean about you?

Karen: If I've failed then that makes life pretty meaningless because there's not really anything else that's more important than the people in my life, so I feel pretty rubbish, I feel pretty low.

Kain: Low.

Karen: If I feel like I've failed people.

Kain: Now, if I could just offer a hunch here, feeling pretty low. Could I just offer a hunch and just offer you a word that's just come to me, and I'm not sure how this would relate to this situation, but the word empty.

Karen: Yeah, empty.

Kain: What does that mean? Because we're talking right at the core now, an empty core becomes a very powerful motivator. Empty, I wonder what empty means.

Karen: Empty I relate to feeling worthless, a bit useless.

Kain: Worthless.

Karen: Like I'm not really giving anything or benefitting anyone, so yeah, I feel quite empty. That's a good word.

Kain: Empty.

Karen: Yeah.

Kain: So if I could just try to make sense of what it is that we're talking about here, it seems to me – and please correct me if I'm not totally accurate here, because we want to be totally accurate – that your self-worth, your value as a person is in some way connected to you gaining approval and validation or acceptance off other people, and it seems to me that your strategy or your approach to getting this is through getting it right or doing a good enough job. So if you do a good enough job people will approve of you, and if people approve of you, that makes you feel okay within yourself.

Karen: Yeah.

Kain: Like you're worth something, so I'm just wondering what it is that your self-worth, your value as a human being is reliant on.

Karen: It's reliant on other people noticing or reliant on me feeling as though I've done a good enough job for other people. It's reliant on their feedback.

Kain: So it's other people that determine whether you're okay or whether you're not okay. Remember, I'm okay, you're okay?

Karen: Yeah, I remember.



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Kain: You're okay, I'm not okay, I'm not okay, you're not okay, we're both okay. So what's it actually going to take for you to be okay, at the core? What's it going to take for you to be okay at the core, what do you need to know?

Karen: That I'm okay without anyone else, without their approval.

Kain: You're okay without anyone else's approval. I just thought we could maybe look at this for a few moments now. Let's just say that you get all of the approval in the world from everyone. What would this actually give you? Would this make you more valuable or less valuable? What does it actually give you in reality?

Karen: Nothing.

Kain: So all the approval in the world wouldn't give you anything. What would happen then if in the world no-one approved of you? What would that give you or what would that take away from you?

Karen: Nothing. I mean, it wouldn't feel nice, but it doesn't actually change anything.

Kain: What I'm going to ask you to do here is just see if you can picture inside of your mind, see if you can go back to your past and see a younger version of you who learned, who first learned that she needed this approval from other people.

Karen: Yeah.

Kain: Can you see that? A smaller version of you.

Karen: Yeah, I can see it.

Kain: You can see the smaller younger version of you. How's she feeling right now?

Karen: Anxious, a bit annoyed, angry.

Kain: Anxious, a bit annoyed, angry. So there's definitely a theme here.

Karen: Yeah.

Kain: What I'm going to ask you to do, I'm going to ask you to stand right directly behind her, I'm going to ask you to put your hands on her shoulders and tell her what it is that she needs to hear that no-one ever told her before, something that you know today is true, based on the discussions that we've had.

Karen: You're okay on your own, you don't need to worry about what other people say or what they think or how they respond, it doesn't make any difference to who you are.

Kain: It doesn't make any difference to who you are. What I would now like you to do is just take that learning, take that insight and just see, fast forward, come back to the present day with this lesson that you've just received, and see if this now gives you more options.



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Karen: Yeah, it does. Knowing that I can only really ever just do my best.

Kain: You can just do your best.

Karen: And trying to be this person that I think someone else wants me to be is exhausting, like I can't keep doing that.

Kain: So trying to be the kind of person that you think other people want you and need you to be just is coming at the cost of what?

Karen: It's coming at the cost of me just being genuine.

Kain: And if you're not being genuine, what's that stopping other people from knowing?

Karen: Who I actually am.

Kain: So if you're too busy trying to be someone else, trying to get it right, just so I'm hearing you right here, that's coming at the cost of you just being genuine, being real, just being yourself, which is coming at the cost of those other people actually getting to know the real you, how you would say that this has impacted connection over the years?

Karen: I can only imagine that people wouldn't really find me too relatable, because I'm not being genuine, I'm not necessarily opening up or self-disclosing or offering people much of who I actually really am.

Kain: Is that your value?

Karen: Yeah.

Kain: And who are you? Right at the core, where previously we've looked at other people for this value, for this approval, if we were just to decide today, to make a decision that this is who we are. We can't think about this, we've just got to decide who it is that you're willing to become from this day forth, who's that? Because this person cannot be influenced by anyone else, no-one else can touch this person, no-one else is going to be able to determine.

Karen: Yeah, this person's caring and genuine and...

Kain: Caring, genuine.

Karen: Honest.

Kain: Honest, quite hard working, it seems.

Karen: Yeah, hardworking and loving.

Kain: You've got a vision, you've got an image there you can see, you can see who you actually are at the core, and if more people were to get the opportunity to actually experience this value in you, what might you get more of as a direct result?

Karen: More connection, more genuine meaningful relationship.



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Kain: Meaningful, genuine, real relationship.

Karen: Yeah, meaningful conversation as well.

Kain: Meaningful conversation which is what you really want.

Karen: Yeah.

Kain: Kind of like the conversation that we're having now.

Karen: Yeah.

Kain: Just being totally real, being totally honest, and it's totally okay.

Karen: Yeah, it's totally fine.

Kain: It's totally fine being as honest as this. I'm guessing that some people aren't going to be mature enough to have this level of conversation with.

Karen: No.

Kain: Some people won't be, and if some people aren't mature enough to have this level of conversation, is that okay?

Karen: Yeah, it's okay.

Kain: How do you know that's okay?

Karen: Because...I don't really know, there's times where I'm not available for this level of conversation, so I can totally relate to other people that aren't quite in that place where they can...

Kain: So sometimes other people might just be as easily distracted as what you are, but it doesn't mean that they're worthless, doesn't mean they're useless in the same way that if you aren't always 100 percent totally alert and switched on and available because you sometimes get distracted, that means that you're not worthless or anything like that as well.

Karen: Yeah.

Kain: It just means that we're all imperfect human beings just doing our best, making our own way in the world.

Karen: Yeah, so I can offer them quite a lot of understanding because of that.

Kain: So you can offer them quite a lot of understanding.

Karen: Yeah.

Kain: Does this mean that you're actually going to be able to empathically relate to other people more effectively?



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Karen: Yeah, it will do.

Kain: It will do.

Karen: Yeah, I'll be able to understand why they're asking closed questions or...

Kain: You'll understand why someone's asked closed questions, because you now seem to understand why is it that you would ask closed questions.

Karen: Yeah, I'm not fully engaged in the conversation.

Kain: You're not fully engaged in the conversation, which means if they're not fully engaged in the conversation it's...

Karen: It's because they're probably distracted or worried or...

Kain: They're distracted or worried or something like that, or angry or frustrated, because sometimes people make decision-based upon how they feel rather than what the actual facts are.

Karen: Yeah.

Kain: So if we were to pull together these facts now, these facts that we've come to realise in this discussion, how might these facts now impact the decisions that you make volitionally? How might you now start making different choices?

Karen: Okay.

Kain: Or how could you? How would it be okay for you to now start making different choices?

Karen: So I know that who I've been believing that I am at the core is someone that needs the approval of other people, but that's not true, because it doesn't actually make any difference, and it sends me round in circles.

Kain: Sends you round in circles and keeps you disconnected, which isn't what you want, okay.

Karen: Yeah. So as soon as I feel this stress, anxiety, anger, I can make the connection to it okay, so I'm feeling this way because I'm trying in some way to get this approval, which I actually don't need.

Kain: Which you actually don't need. How would you define this whole behavioural pattern now?

Karen: Quite ridiculous, really.

Kain: Quite ridiculous.

Karen: To speak it out loud on camera.



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Kain: In front of thousands and thousands of people who'll be watching this course for many years to come.

Karen: Yeah, I can only assume we've all got similar stuff going on.

Kain: I can only assume that we've all got similar stuff going on, because we're all imperfect human beings, and I'm guessing that the more we come to understand ourselves from the inside out, the more we're going to come to understand and appreciate other people, and this is what allows us to empathically relate.

Karen: Yeah.

Kain: So if we can empathically relate to other people more effectively now, with this understanding, how might this give you more of what you actually want?

Karen: Like with this understanding and knowing that I don't need other people's approval, it keeps me in a place of peace and perspective, and I'm not trying anymore, so I actually feel a bit more intrigued towards other people.

Kain: Slightly more intrigued, like asking more open questions.

Karen: Yeah, like I don't need to worry about me, so what's going on for you.

Kain: It seems to me that with this insight, you've come to actually need less from other people.

Karen: Yeah.

Kain: So if you now need less from other people, what does that mean about how it is that you're now going to be able to engage and connect and interact with others? If you're not coming from a place of needing something, then you're going to be more free, it would see, to...

Karen: Free to give.

Kain: Free to give.

Karen: Yeah.

Kain: I guess that being in a place where you're free to give is very, very different from being in this place where you feel like you need something, because needing something's all about you getting, and getting's very, very different from giving, isn't it?

Karen: Yeah.

Kain: So this perspective, how does this make you feel different now towards interacting with other people, your relationships and just being yourself moving forward? Being tunnel visioned, striving, if we were to link all this together now, what now makes sense for you?



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Karen: I'm now seeing links between this tunnel vision in my work and the initial problem I spoke about, focusing in on what I'm thinking about, how I'm doing this work rather than focusing in on the work, and it's the same in my relationships, it's the same problem where I'll focus in on how I think I'm being for this person or a worry of something they've just said rather than being there with this person. It's exactly the same problem.

Kain: Is that actually a problem anymore now?

Karen: No, because there's not actually anything I need from these other people or from the work I'm doing. All I can do is my best. All I can be is myself, I don't really have any other option.

Kain: It would seem to me now that there's not really too much else for us to do other than set some practical next steps and goals.

Karen: Yeah.

Kain: Would it be useful if this is what we do next?

Karen: Yeah, definitely.

Kain: In phase three of the counselling relationship.

Karen: Yeah, I'm feeling like I love this perspective, it's brilliant. I have a lot of clarity and I'd like to kind of cement that.

Kain: So you've got some clarity now, you've got a new perspective, and we're going to see if we can cement it. Okay. Thank you very much, you can open your eyes back up again. Now, bearing in mind Karen closed her eyes because I know that Karen's a very visual person, and she visualises stuff internally because she's quite introverted. So that is the demonstration over. This is just another of the models that we can use. This is probably a slightly more powerful process to guide someone through than the Socratic questioning, but if you look at the terms of ease, the Socratic questioning, we can use a questioning framework just to simply guide and direct a conversation, but with this model we, as counsellors, need to be 100 per cent fully attending our clients, we need to be reflecting back, we need to be offering hunches, we cannot allow ourselves to be distracted for even a moment, or we will completely tear down everything that we're building up in terms of the trust and the connection between ourselves. So all I'm going to just wrap this video up with by saying is that our responsibility as counsellors is vast. We are going to be sometimes in a place of massive influence in people's lives, so in terms of the most important skills that we really want to be practising, again empathy, we can only be practising empathy, advanced empathy, if we're 100 percent fully alert, fully paying attention, i.e. attending our clients. The questions that we ask sometimes might be open by nature, might be closed by nature, but they're only ever going to be in direct response and appropriate to whatever it is that our clients share with us, and if you think about it, this actually allows us to keep the pressure off ourselves. There is no right next question to ask, there's only relevant questions or completely irrelevant questions. If we ask relevant questions, we're going to be able to lead our clients into greater degrees of insight. If we ask completely irrelevant questions, then we're going to be just drawing our clients back out of that place that we'd led them into it, so we're just going to be undoing any good that we'd originally done. So Karen, thank you very much. What we're going to do, we're going to take probably 15 to 20 minutes' break just to allow Karen to process



THE **PHASE TWO LCB MODEL** DEMONSTRATION

what's happened here. We're going to have a conversation off camera, then we're going to jump back on camera and do a deconstruction of what's happened here, so that you can hear this experience from Karen's perspective, I'm going to give you an overview of what I've done, why I done what I done, so that hopefully you're going to be able to get yourself out there and conduct conversations like this, either the same or similar. So this is the Larry Crabb model, it's more of an adapted version of the model, the Kain Ramsay version, if you like, but it's a massively powerful one, so I hope you found this demonstration useful, and we'll see you again in the next clip where we're going to deconstruct everything that's just happened here.

END OF TRANSCRIPT

